

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
L u n c h	<b>Breakfast</b>	Banana/avocado on toast	Tea cakes	Bite size shredded wheat	Breakfast muffins with eggs	Croissants
	<b>Main</b>	Sweet potatoes Jacket potatoes	Seasonal veg & chickpea katsu curry	Spelt risotto with butternut squash Vegetarian cottage pie	Kale & rocket pesto Red pesto	Smoked haddock kedgeree Jollof Rice
	<b>With</b>	Tuna mayo & cheese	Sweet potato and basmati rice	Mash and boiled potatoes	Carrot & Cucumber Garlic bread	Boiled eggs
	<b>Vegetables</b>	Rainbow crunchy slaw	Broccoli	Garden Peas	Green Beans	Garden peas
	<b>Sides</b>				Grated parmesan	
	<b>Salad</b>	Mixed salad selection from the salad bar				
	<b>Dessert</b>	Baked apples with greek yoghurt	Seasonal fresh fruits	Seasonal fresh fruit	Seasonal fresh fruit	Natural yogurt & winter berries
	<b>Alternative</b>		Vegetable pilaf	Jacket potato		
T e a	<b>Main</b>	Lentil, potato & leek soup with wholemeal bread	Cheese & tomato on toast Beans on toast	Swede, Carrot & coriander soup with wholemeal bread	Roast veggies, wholemeal giant couscous with butternut squash and cheddar	Wholemeal pittas with hummus and cucumber & carrots to dip
	<b>Dessert</b>	Seasonal fresh fruits	Banana & chia coconut pudding	Banana bread with winter spices and cacao	Apple, plum and coconut crumble with sugar free custard	Seasonal fresh fruit

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
L u n c h	<b>Breakfast</b>	Banana/avocado on toast	Bircher and tea cakes	Bite size shredded wheat	Breakfast muffins with eggs	Croissants
	<b>Main</b>	Green mac'n'cheese with leek, broccoli and spinach Deli selection	Fasulye Sausage & mash	<u>Mexican Day</u> Fajita / taco / burrito / chilli	Jacket potatoes	Coconut fish curry
	<b>With</b>	Salmon Tuna, cheese, pickles, gherkins and more	Turkish bread & greek yoghurt Vegetable hotpot	Mexican black beans, wild rice and grated cheddar	Tuna, cheese and beans	Jasmine rice
	<b>Vegetables</b>	Green beans	Peas	Red onions, mixed peppers and mushrooms	Crunchy slaw	Broccoli
	<b>Sides</b>			Sour cream and guacamole		
	<b>Salad</b>	Mixed salad selection from the salad bar				
	<b>Dessert</b>	Seasonal fresh fruit	Seasonal fresh fruits	Seasonal fresh fruits	Greek yoghurt with cooked plums/pears	Seasonal fresh fruit
	<b>Alternative</b>	Tomato & basil sauce				
T e a	<b>Main</b>	Wholemeal pittas with hummus and cucumber & carrots to dip	Tomato & lentil soup with wholemeal bread	Cheese and apple toasties	Hidden vegetable pasta bake with cheddar cheese	Butternut squash soup with wholemeal bread
	<b>Dessert</b>	Baked apples & raisins with greek yogurt	Healthy carrot cake	Baked bananas with cinnamon	Seasonal fresh fruit	Seasonal fresh fruit

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
L u n c h	<b>Breakfast</b>	Banana/avocado on toast	Bircher and tea cakes	Bite size shredded wheat	Breakfast muffins with eggs	Croissants
	<b>Main</b>	Penne Salmone Pomodoro Carbonara	Chickpea korma and red lentil dal	Moroccan vegetable tagine	Kale, leek and mushroom lasagne	Fish pie Fish goujons
	<b>With</b>	Salmon Smoked salmon	Brown rice Basmati rice	Bulgur pilaf and/or rice		Chef's potatoes
	<b>Vegetables</b>	Green beans	Broccoli and cauliflower	Green beans	Carrots	Petit pois
	<b>Sides</b>	Grated parmesan				Chefs tartar sauce
	<b>Salad</b>	Mixed salad selection from the salad bar				
	<b>Dessert</b>	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Greek yogurt & winter berries
	<b>Alternative</b>		Jacket potato	Spicy tomato sauce	Tomato and basil pasta	
T e a	<b>Main</b>	Wholemeal wraps with cheese, hummus and salad	Cheese & apple toasties	Leek and potato soup with wholemeal bread	Baked beans on toast with cheddar cheese	Tomato, pumpkin and lentil soup with wholemeal bread
	<b>Dessert</b>	Baked banana and apple with greek yogurt	Greek yogurt with cooked plums and pears	Bread and butter pudding	Apple and blackberry crumble	Seasonal fresh fruit

